

ANGER MANAGEMENT TIPS

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Here are a few time-tested tips of anger management –

- **Thinking before Speaking** – Collect your thoughts before saying anything.
- **Expressing Anger Calmly** – State thoughts clearly without hurting others.
- **Exercising** – Spend some time doing other enjoyable physical activities.
- **Timeouts** – Some moments of silence can help you focus your thoughts.
- **Identifying Solutions** – Instead of thinking what makes you angry, try to find a resolution to the issue.
- **Use 'I' statements** – Say, "I've been waiting to check your presentation," instead of, "You never finish your work within deadlines."
- **Don't grudge** – It's unrealistic to expect everyone to perform by your guidelines. Forgiving and forgetting can take a lot of negative emotion out of your system.
- **Use humor** – Use humor to dissipate the situation without turning it hostile.
- **Practice relaxation skills** – Practice deep-breathing, listening to music.
- **Seek help** – Consider seeking professional help if your anger is absolutely uncontrollable.

Try it Yourself

Recall a situation that made you angry, and another one that caused you to turn violent in anger. Now compare both the situations and fill in the form.

- **What makes you angry? How would you react to this situation?**
- **What behavior you want to avoid the most when you experience anger?**
- **What will be your alternative line of action?**
- **How will you deal with the early warning signs of anger?**
- **How will you behave when you are very angry?**

[Download](#) Try-it yourself sheet.